



Presbyterian Support
Upper South Island

People

HELPING PEOPLE

The magazine of Presbyterian Support
Upper South Island

2024/25 | ISSUE 16

FREE

FROM OUR WHĀNAU
TO YOURS

Pippa's
Path of
Perseverance

Kai's New
Found
Confidence

A Garden
Rooted In
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Transforming
Young Lives
Through
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Where
Hope Meets
Healing



Presbyterian Support
Upper South Island

Presbyterian Support Upper South Island is a non-profit social service charity serving the West Coast, Mid and North Canterbury, Christchurch, Marlborough, and Nelson.

Through our Āwhina Mai, FamilyWorks and Enliven services, we help people to feel safe, empowered, and connected. Our vision is to create an equitable, compassionate, and inclusive society for all.

www.psuppersouth.org.nz



Our services



Enliven Positive Ageing Services helps older people to remain healthy, well and socially connected as they age.



We deliver social services to help children, youth and families learn, grow and thrive. We offer counselling and social work support along with a range of group programmes.



Āwhina Mai offers fee-paying services for therapeutic support, parenting programmes, corporate wellbeing and professional development. All profits raised will help those most in need in our community.

We'd love for you to join our community!

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Privacy

*Throughout this magazine, some names have been changed and stock imagery used to protect our client's privacy.

Enhancing

the mana of whānau to be safe, resilient and connected.



Throughout the year, the demand for mental health services has grown, with anxiety, social isolation, and financial stress continuing to impact people of all ages and backgrounds. Our commitment to providing the right support at the right time has never been more important, as we help people navigate these challenges and move towards a brighter future.

We are proud to bring you another collection of stories from across the region, highlighting the various ways we support people and whānau in achieving their goals and enhancing their wellbeing. In this edition of People Helping People, we share with you some of the incredible stories of people we've supported.

On Page 2, you'll read about Pippa's journey and her parents' determination to find the right support for her. Their commitment is a powerful reminder of how vital it is to connect people with the help they need. Also featured is the inspiring story of our Enliven Community Garden, where the support of our Nelson community has brought people together, creating a shared space that will be enjoyed even more in the warmer months ahead.

As we continue our journey in co-governance and co-leadership, guided by our values, we are strengthening our services and achieving greater outcomes for tamariki, whānau, and kaumātua. This collaborative approach is enabling us to build more inclusive and

responsive supports, ensuring that children, families, and older people receive the care they need to thrive. We are deeply grateful for the incredible generosity of our donors and supporters, which has allowed us to provide essential care to people facing tough times. Your kindness makes it possible for us to continue this important work, bringing hope, healing, and strength to those who need it most.

Ka mahi tahi tātou mō te ora o te katoa

Working together for the wellbeing of everyone

Ngā mihi



Barry Helem

Tumu Whakarae Tauīwi
Co-Chief Executive Officer



Kim Manahi

Tumu Whakarae Māori
Ngai Tūāhūriri/Ngai Tahu
Co-Chief Executive Officer



Pippa's Path of Perseverance

Pippa* is a vibrant, funny, and tech-savvy young girl, constantly on the go. Known for her love of sports and sharp sense of humour, she seems outgoing and energetic.

But at home, Pippa's more reserved. She's usually hiding away in a cosy space, listening to audiobooks, and playing with her collectables, reliving her day quietly.

For years, Pippa's quirky behaviour was dismissed as age-appropriate, and not a need for concern or investigation, but as she approached her 11th birthday, things became increasingly difficult. She started experiencing daily meltdowns, frequent stomach aches,

and began avoiding school. Tragically, thoughts of self-harm emerged, and the situation escalated when she ran away from home, sending her parents, Mia* and Tony*, into a panic.

They knew Pippa needed help, but finding the right support was a challenging journey. Advocating for her in the healthcare system was not easy. Many professionals offered well-meaning advice that failed to address Pippa's unique needs, however

her incredible ability to adapt and "people-please" often masked her true struggles, delaying the support she desperately needed.

After consulting another mental health professional, the only conclusion was that Pippa was experiencing depression, however, Mia and Tony felt this didn't capture the full extent of Pippa's experience. Frustrated after more appointments, they finally found hope with our Social Worker, Jen*.



Through several sessions, Jen suggested an autism assessment. When the diagnosis came back confirmed, it brought clarity to the family.

"It wasn't that something was 'wrong' with her, she just processes the world differently," Mia explained.

This understanding allowed the family to explore new ways to support Pippa, and slowly, things began to improve.

Pippa's journey has been transformative. While meltdowns still occur, they are now less frequent and intense. With the confirmed diagnosis, tailored strategies have been implemented at home and school to better support her emotional wellbeing.

"Recently, Pippa participated in a sports tournament with thousands of participants - something we thought would be impossible," Mia shared. With her weighted blanket and headphones, she had access to a quiet

space in one of the school vans while staying at the marae. Tony was there to watch her compete - a moment of pure joy. "Seeing her happy and thriving was incredible!" he said. The tools they received through Jen's support have opened better communication, allowing them to talk through their challenges as a family.

"The way Pippa and her family have approached each obstacle with determination and heart is truly inspiring. They've shown an incredible amount of strength, and it's led them to growth and transformation," shared Jen.

Mia and Tony reflect on their journey with both relief and pride, knowing they had to advocate relentlessly to get the help Pippa needed. "It takes a toll, but your child is worth it," Mia advises other parents. Now, with this newfound understanding and care, Pippa's future looks brighter than ever.



We have a range of support programmes designed to enhance the wellbeing of children, young people and families.

Phone 0800 477 874
Visit www.bit.ly/FamilyWorksSupport

Connection, Care, and More than a Cuppa



Over the past 12 months, we've been piloting the Dementia Mate WareWare HomeShare programme across the South Island. Through close collaboration with agencies, staff, volunteers, and local communities, we've created meaningful weekly gatherings for people with dementia.

These gatherings foster new friendships and help reduce feelings of isolation, with connections extending beyond the HomeShare days.

In rural areas like Golden Bay, Havelock, Hokitika, and Reefton, small groups meet in warm, welcoming spaces—whether in a community hall or a local home.

In Havelock, the Pelorus Area Health Trust, which hosts the group in the community lounge, provided fencing so attendees can safely enjoy the outdoor space. Regular donations of seasonal food from whānau and the wider community enrich the gatherings. For example, earlier this year, a family sent in citrus fruit, and the group turned it into delicious marmalade. Sharing tips and recipes, they made several jars that were sold at a local charity shop. Two people in the group, who have known each other for over 60 years, had the chance to reconnect that morning, making the experience even more special.

HomeShare continues to evolve, with tailored support for younger onset dementia and marae-based groups for kaumātua, ensuring each community's unique needs are met. Socialising, chatting, and participating in meaningful activities stimulates the mind and improves quality of life.

In Reefton, the programme has been a lifeline for people like Margaret* and John*. Each Thursday, a volunteer drives Margaret to Alice's* cosy home, where she's welcomed with tea and a friendly game of 500.

“HomeShare has been such a blessing,” says John. *“It gives me a break, and I know Margaret is having a great time.”*

HomeShare isn't just about supporting those with dementia—it's about strengthening communities. Alice, a HomeShare host, sees firsthand the joy these gatherings bring. “I love hosting, and it's wonderful to see how much these afternoons mean to everyone. It reminds me we're all part of a caring community.”

For over 100 years, our work has been about building connections and supporting inclusive communities. Whether it's offering a warm space, cooking a meal, or helping with transport, there's a place for everyone to make a difference.

If you'd like to be part of this rewarding work, please get in touch.

Phone 0800 477 874

Email ps@psusi.org.nz

Visit www.bit.ly/DementiaHomeShare



KAI'S NEW FOUND CONFIDENCE



At just six years old, Kai* faced intense distress and anxiety before school. He would cling to his Mum and even dash into traffic to reach her. His shyness made it hard for him to connect with his teachers and classmates, leaving his mum, Cherie*, feeling helpless about how to support him.



Recognising that diving in too quickly could heighten Kai's anxiety, our social worker, Amber, took a gentle approach. She collaborated with Cherie, introducing her to a mantra book and a set of power cards featuring positive affirmations like “I am strong,” “I am brave,” and “I can do this.” Amber also shared simple breathing techniques and sentence starters to help Kai express his feelings.

As the weeks went by, Cherie and Kai practiced these techniques together. Slowly but surely, Kai started to gain confidence, even introducing himself to his friends' parents. The tools helped him articulate his worries and build friendships along the way. Now, each morning, Kai eagerly hops out of the car, excited to start his day, and meets his mum at the school gate without any worries.

Amber highlighted the importance of these tools, saying, *“Sometimes, children just need a little extra support to express themselves. The cards and mantra book are fantastic ways to help young people find their voice and share their feelings with confidence.”*

Kai's newfound confidence has been a tremendous relief for Cherie, who has witnessed a remarkable change in his outlook. She feels he now has the tools he needs to truly thrive.

Learn more about our work here:
www.bit.ly/SupportingChildrenatSchool



Growing Together

A Garden Rooted in Community

Our garden outside the Nelson Centre has been transformed into a peaceful haven, thanks to the incredible support from local businesses, volunteers, and members of our Enliven programme.

Everyone contributed to designing and bringing the garden to life, creating a space that reflects our community. It's not just a garden—it's a place for connection, growth, and giving back.

Quickly becoming a favourite spot, Athol expressed, **"I love sitting here. I just need a book to read, and I'm happy!"**

He emphasised the garden's importance for providing fresh produce. **"These gardens are a necessity. They let us grow and share vegetables with those who might struggle to afford them."**

Kelvin, a gardening enthusiast, donated many seedlings, saying, **"The gardens look fantastic! The new beds are the perfect height for me."**

Barbara and Eunice enjoyed planting strawberries, and Charles appreciated the colourful bird bath. Wallace and Charles had fun exploring the lighthouse built from old pots, complete with a solar light.

This transformation wouldn't have been possible without the support of local businesses and volunteers. A huge thank you to:

- **Rob and Jordan Wells** for restoring the bird bath and bench.
- **Harry** from Harry's Building Services for installing the grass and building garden beds.
- **Kev** from Dig it, Move it for preparing the grass patch.
- **Placemakers** for discounts on materials.
- **Lions Club** for their donation towards the Veggie Pod.
- **Fulton Hogan** for donating gravel.
- **Edridge Contracting** for donating the hardfill and dirt for the planter boxes.

We're grateful to our dedicated volunteers, including Sandy Hodgson, Wayne McLean, Malcolm Watson, and Susant Acharya.

This garden is a true example of community in action. As Athol said, **"It's the perfect place to sit, relax, and watch the plants grow."**

Thanks to everyone involved, our garden is now a place where people can reconnect with nature, each other, and themselves.



"I love sitting here. I just need a book to read, and I'm happy!"

Lila's Starry, Starry Light

When Lila's* Mum got sick, everything became quiet and filled with uncertainty.

At just nine years old, Lila, who loves animals, dancing to Taylor Swift, and playing netball, started to withdraw as her mum's health declined. Sadly, when her mum passed away, Lila felt a mix of emotions - initially some relief, but as the first anniversary of her mum's death approached, her grief resurfaced, making it hard for her to find joy in the things she once loved.

Our social worker, Dayle*, stepped in, recognising that Lila needed extra support. While helping her work through the complex emotions of grief, Dayle realised Lila needed more than professional guidance - she needed someone she could personally connect with. Dayle enrolled her in the FamilyWorks Mentoring Programme, introducing her to a mentor who shared Lila's interests and quickly became a source of comfort and encouragement.

Finding a mentor who understands and shares a young person's passions can sometimes be a challenge, but in Lila's case, the match was almost immediate. Her mentor, Ellie* who met with Lila weekly, also loved animals and brought a sense of fun and excitement to their time together. This connection became a vital source of support for Lila as she continued to cope with her loss. Ellie* quickly became a shining light in Lila's life, encouraging her to embrace her interests and helping her navigate her emotions.

As Christmas approached - a time that was especially hard for Lila since it had been her Mum's favourite season - Dayle knew it was important to create a meaningful way for Lila to remember her Mum. Together, they crafted a special star decoration for the Christmas tree using materials Dayle had sourced. The star wasn't just a simple ornament, it symbolised a connection to Lila's Mum. Whenever Lila misses her Mum, she goes outside and blows a kiss to the stars, finding comfort in their glow. Now, the star on

her Christmas tree serves as a gentle reminder that her mother's love is still shining down on her.

Lila and Ellie continued to meet regularly, with their bond growing stronger over time. On days when sadness felt overwhelming, they would step away from heavy conversations and simply enjoy each other's company. They would dance to Taylor Swift, letting the music lift their spirits, or played games like Uno or Snakes & Ladders to lighten the mood. Lila discovered that while it's okay to feel sad, joy and connection can still find their way back. With Ellie's support, she found hope, realising that even in the darkest times, friendship and understanding can bring light.

Are you interested in making a difference in the lives of young people?

Please visit www.bit.ly/MentoringStrongerTogether for more information.

Kūmara & Spinach Fritters

This dish combines the beloved kūmara with nutritious spinach and herbs, making it a delicious option for all ages. The fritters are versatile, great for a light meal, or as a snack, and they can be enjoyed with a variety of dips.

Ingredients

- 500g kūmara (orange or purple), peeled and grated - approximately 2 to 3 small kūmara
- 1 cup fresh spinach, finely chopped (or 1 cup frozen spinach, thawed and drained)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup flour (can use gluten-free flour)
- 2 large eggs
- 1/4 cup fresh herbs (such as parsley, coriander, or chives), finely chopped
- 1 tsp baking powder
- Salt and pepper, to taste
- Olive oil, for frying
- Greek yogurt or sour cream, for serving (optional)
- Lemon wedges, for serving (optional)

Tips

- Make Ahead: The batter can be prepared ahead of time and stored in the fridge for up to a day.
- Freezing: Fritters freeze well. Cook them, let them cool, and then freeze in a single layer before transferring them to a container.
- Serving Suggestions: Pair with a simple salad or enjoy them as a snack with a tangy dip.

Instructions

1. Prepare the kūmara: In a large mixing bowl, combine the grated kūmara, chopped spinach, onion, and garlic.
2. Mix Ingredients: Add the flour, eggs, herbs, baking powder, salt, and pepper to the kūmara mixture. Mix until well combined. The batter should be thick but still able to drop from a spoon.
3. Heat the Oil: In a large frying pan, heat a couple of tablespoons of olive oil over medium heat.
4. Fry the Fritters: Spoon a tablespoon of the fritter mixture into the hot oil for each fritter. Flatten them slightly with the back of the spoon. Cook for about 3-4 minutes on each side or until golden brown. You may need to do this in batches.
5. Drain and Serve: Once cooked, place the fritters on a paper towel to drain excess oil. Serve warm with a dollop of Greek yogurt or sour cream and a squeeze of lemon juice, if desired.



Transforming Young Lives Through Budgeting

In our Youth Service, we believe budgeting is more than just crunching numbers - it's about giving young people the skills to build a secure future.

That's why every young person receiving the Youth Payment is required to complete a budgeting course. Led by our Youth Coaches, this four-hour workshop teaches young people how to avoid debt, manage their money, and understand how things like interest rates and repayments really work.

Heather*, one of our Youth Coaches, shares her own personal stories to make the workshop relatable. She talks about how she once thought her credit card would be for emergencies only, but quickly realised how tempting it was to use for things like clothes and concerts. She teaches young people about positive and negative interest and

how lenders set repayments in a way that can trap you in debt.

The course gives practical tips, like setting up automatic savings accounts for different needs, whether it's for a car, Christmas, or a rainy day. Heather always stresses that rent and bills should be paid first, so people don't get into financial trouble later.

Some people aren't too keen to learn about budgeting at first, but Heather's relaxed and supportive approach helps them open up. "To learn, you have to listen," she says. "Once you've listened, you gain knowledge, and with knowledge, you can make better decisions." Heather encourages the young people to share what they learn with others, spreading the confidence they've gained.

One young woman who completed the course years ago ran into Heather and proudly shared how

she's now debt-free, has emergency savings, and is working towards a deposit on her first home. Another young man was thrilled to have saved up for a boys' weekend away, staying at a hotel and visiting the pools in Hanmer, all through careful planning and saving.

Heather also talks about money scams and warns young people about becoming "money mules," where people use them to handle illegal funds.

"You control the money before the money controls you," Heather says.

Through her guidance, young people not only learn how to manage their money but also gain the tools they need to think ahead, build good habits, and create a secure future.

CREATING SAFE SPACES

- LEE'S STORY

Lee*, 17, is one of those people who loves old '90s cars—the kind that make heads turn. But for a while, even that passion had to take a back seat. After facing a tough and traumatic time at home, Lee, who identifies as rainbow and uses they/them pronouns, felt like they had to leave parts of themselves behind just to get by.

Living in a chaotic environment full of instability and despair, Lee made the brave choice to leave home and start fresh in a new town. However, finding a flat was challenging. Each rejection felt like a personal attack, amplifying the sense of being judged for simply being themselves. They felt invisible, as if their struggles and identity were dismissed by those around them. The weight of feeling unheard took a toll on their mental health, leaving Lee battling anxiety and self-doubt.

Then they met Andy*, our Youth Coach. From day one, Andy could see that Lee was stronger than they realised. More than anything, Andy listened to Lee's story and validated their feelings.

"Building connections and really listening to someone's journey—where they've been and where they want to go—helps us understand what they need to thrive. Lee has incredible potential, and it's about seeing that strength and helping them feel empowered to be themselves," says Andy.



Lee found hope the moment they saw the rainbow circle on our front door. As part of the Safe Space Alliance, which helps identify and create supportive environments for LGBTQI+ communities, our organisation is committed to providing a welcoming and affirming space.

Here, Lee felt a sense of belonging for the first time in a long time. The openness of our staff allowed Lee to relax and reconnect with who they really are. With Andy's support, Lee is processing the past and focusing on building the life they want. They're learning to trust themselves again, slowly reclaiming their voice and identity in a space that celebrates them. Lee's journey isn't over yet, but for the first time, they don't have to go it alone. Here, they can just hang out, be themselves, and know that they're accepted - no questions asked.



Visit www.bit.ly/PSYouthSupport or email ps@psusi.org.nz to learn more about our Youth Service.

Where Hope Meets Healing



At Awhina Mai, the belief in the power of community, compassion, and connection drives every action.

As a social enterprise, all profits go directly back into Presbyterian Support Upper South Island, enabling support for more people and the strengthening of communities throughout the Upper South Island. Their team of skilled, experienced and professional social workers and counsellors, are dedicated to making a meaningful difference in the lives of those who need it most.

Recently, a significant milestone was achieved as Awhina Mai became an official supplier for sensitive claims through ACC, supporting individuals who have experienced sexual harm. This service is critical in

New Zealand, which sadly faces the highest rates of sexual violence in the OECD. Through this partnership, clients can now access a broad range of services tailored to their healing journey. Beyond traditional counselling, clients may also benefit from care provided by psychologists, social workers, physiotherapists, occupational therapists, speech and language therapists, and other therapy professionals. This holistic approach aims to address the deep and complex impacts of trauma in a comprehensive way.

Every day, Awhina Mai receives requests from individuals of all ages, from children as young as 8 to older adults in their 80's. Counsellors provide support either through in-person sessions or via online platforms such as Teams and Zoom. This flexibility ensures that no matter where clients are located, they can access the care they need. The impact of this support is clear in the feedback received. One client, Rakesh*, reflected, *"I didn't use to believe in counselling till I came here, but I have found it so helpful."* Another, Sarah*, mentioned, *"I always feel so grounded when I leave."*

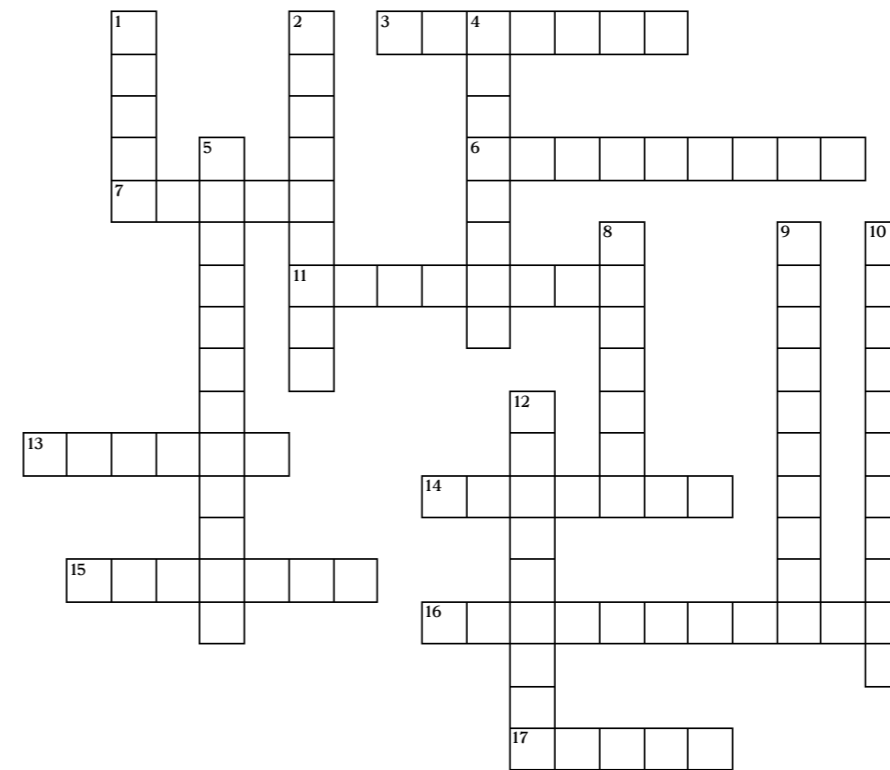
In addition to sensitive claims, Awhina Mai offers individual and relationship counselling for people from all walks of life. Parents, Jess and Ben, recently completed the Tuning in to Teens™ programme and described it as a "game changer." They noticed a profound improvement in how they connect with their teenage daughters and expressed gratitude for the practical tools they gained, which have helped transform their family dynamics.

Furthermore, Awhina Mai provides professional development workshops on vital topics such as Courageous Conversations and Burnout. These workshops help organisations foster healthier, more resilient workplaces, benefiting both employees and the wider community.

Our team of skilled, experienced and professional social workers and counsellors, are dedicated to making a meaningful difference in the lives of those who need it most.

Visit <https://bit.ly/AwhinaMaiSupport> or call 0800 477 874, for more information.

Crossword



Across

- What quality allows us to truly understand another's feelings?
- Where do we seek safety and peace in challenging times?
- What is the name of the majestic tree native to New Zealand, known for its height and strength?
- What do we call someone who speaks up for others in need?
- What do we call a collection of individual pieces that come together to form a unified picture, much like a supportive community?
- What quality allows someone to confront fear or difficulty head-on?
- What do we do to plants and to ourselves to help them grow and thrive?
- What term describes the process of gaining confidence and strength to act on one's beliefs?
- What Māori word encapsulates love, compassion, and empathy, often guiding our interactions with others?

Down

- What term describes a unique or unusual trait that makes someone special?
- What is the vital process that helps flowers grow, symbolising the spread of kindness and support?
- What is the mindful act of fully engaging in the here and now?
- What quality allows people to be true to themselves and others?
- What word describes a temporary relief from stress or worry?
- What allows someone to bounce back from life's challenges?
- What do we call the happy accident of finding something wonderful unexpectedly?
- What Māori word refers to genealogy, connecting people to their ancestors and land?

Answers on Page 18

"I'm leaving this gift in my will because I want to make a difference in people's lives. It feels good to know that my contribution will help others find the support they need."

- Margaret.

Leaving a gift to Presbyterian Support is more than just giving - it's a way to make sure the things you care about keep making a difference, bringing hope and help to future generations.

If you're interested in creating a legacy for your community, please visit www.bit.ly/PSBequestLegacy or get in touch with Rae, our Donor and Community Relations Coordinator. - 0800 477 874 or raet@psusi.org.nz

AROUND THE REGION

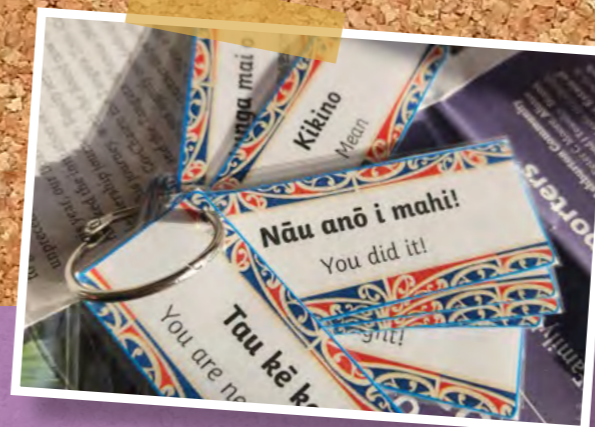


WEST COAST

Rae, our Donor and Community Relations Coordinator, recently visited the Serpentine HomeShare group, just half an hour from Greymouth. Roger brewed barista-style coffee with his fancy machine, while Linda cooked a delicious butter chicken lunch. Some played Scrabble, while others relaxed watching tennis. Linda and Roger have been hosting for 14 years and still love opening their home to others every week. With such a mix of people attending, there's always plenty to chat about!

CHRISTCHURCH

Dave has been a member of the Tōtara Club in Riccarton for three years and loves meeting new people and hearing their stories. As an artist, he draws straight from his imagination - whether it's a building or an animal from TV. His creative blackboard sketches are a hit, and he's also a talented woodworker, crafting pot plant stands and chopping boards.



MID CANTERBURY

For Te Wiki o te Reo Māori, Māori Language Week, Chantelle, one of our social workers, came up with a creative idea—prompt cards featuring positive phrases in te reo. These cards can be easily clipped onto a lanyard for everyday use. Chantelle went out of her way to find keyring clips and laminated each card to ensure they last. It's a wonderful way to celebrate and incorporate te reo Māori into our daily conversations.

NORTH CANTERBURY

Our Pōua Group is thriving as a welcoming space for male Kaumātua to connect, share stories, and celebrate local culture. During their regular lunches, the group not only catches up and shares tales but also exchanges ideas and supports one another in various ways. This collaborative spirit encourages them to bring others along for the ride, fostering a sense of belonging and community. It's heartwarming to see their connections deepen as they discuss plans for future outings together.



NELSON

In August, Nelson's Positive Ageing Expo brought together the community for a fantastic day! With over 70 stalls from local groups, social services, and health organisations, it was a wonderful chance to connect and celebrate positive ageing. Here's a cheerful snapshot of Maaike, our Nelson Enliven Team Leader, chatting about the great benefits of our programmes.



BLENHEIM/MARLBOROUGH

For his 84th birthday, Tōtara member Bill had one wish: to skydive. While an actual jump wasn't possible, Emily, our programme assistant made it happen using VR headsets, giving Bill a thrilling 10-minute experience. "That was magical," Bill said afterward, "you made this a birthday to remember." The headsets are a real hit, and next week, they're off to Italy!

Our Major Supporters

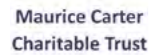
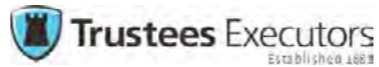
Thank you for helping to enhance the mana of whānau to be safe, resilient and connected.



R G & E F MacDonald Trust Board



The Jones Foundation



Crossword answers - page 15

1 Q	2 P	3 E	4 P	A	T	H	Y
U	O	R					
I	L	E					
5 A	6 S	A	N	C	T	U	A
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H	8 A	D	V	O	C	A	T
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16 A	R	O	H	A			

Yes! I'd Like to Help

Your gift will help to change lives!

Tick your preference...

\$30 ●

Provides printed resources to help parents nurture resilient children and tamariki.



\$50 ●

Covers the cost of a meal and activities for an older adult attending an Enliven programme, fostering social connections and enhancing wellbeing.

\$100 ●

Supplies an essentials pack for a young person, including groceries and toiletries.



\$150 ●

Supports a child experiencing anxiety and depression, enabling them to receive dedicated assistance from our FamilyWorks team.

\$ _____

I would like to contribute to the wellbeing of those in need across the Upper South Island.



Support us

Your generosity makes a difference in the lives of those we serve. Here are the ways you can contribute:

Online Donation

Visit our website to make a secure donation.
psuppersouth.org.nz/donate

Internet Banking

Donate directly to our bank account. Please use your name as a reference.

Account Number

06-0801-00678233-01

Mail your Donation

Complete the donation form and return it to us at:
Presbyterian Support, Freepost 60373, PO Box 13171, Christchurch, 8141

Phone Donation

Call us with your details, and we'll process your donation over the phone.

Freephone 0800 477 874

All donations are receipted. Gifts over \$5 are tax deductible. NZ Charities Register #CC21765.

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Phone

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Donor ID

(if known)

Card number

Expiry date

Name on card

Signature

Thank you for your kind support! Your contribution helps create positive change within our community.



*Volunteers
Needed!*

Your time can make a big difference

A small investment of your time can create a meaningful impact in our community. Explore the many ways you can lend a hand and get involved.

Visit psuppersouth.org.nz/get-involved or call 0800 477 874 for more information.

enliven



FamilyWorks